# NUTRITION 8 – BALANCED DIET

**1. Watch the video "Food pyramid | Healthy plate" and answer the following questions.**

- What's the meaning of the word "diet"?
  The diet is the (1) _____ and (2) _____ we consume every day.

- What do we need to be strong and healthy?
  We need to consume different types of (3) _____.

- What are grains rich in?
  Grains are rich in (4) _____ and give (5) _____ to the body.

- What is better to eat: whole fruit or juice?
  It is better to eat (6) _____.

- What is fruit a good source of?
  Fruit is a good source of (7) _____, _____ and _____.

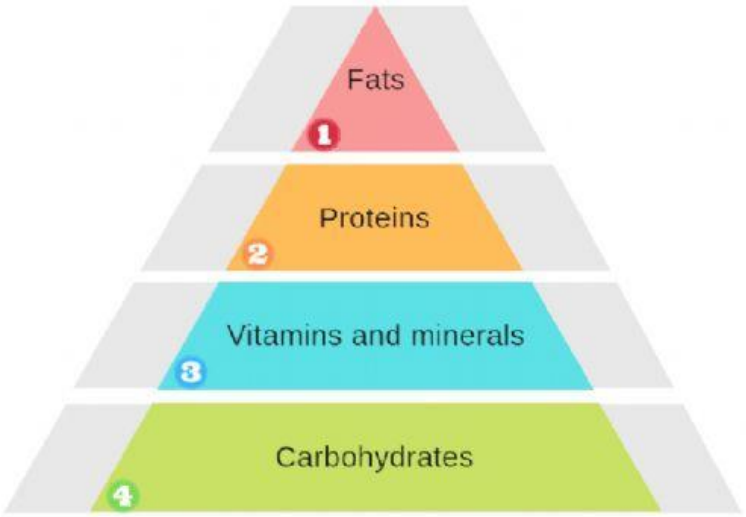
- What are vegetables good source of?
  Vegetables is a good source of (8) _____, _____ and _____.

- What are meat and legumes rich in?
  Meat and legumes are rich in (9) _____ and _____.

- What are dairy rich in?
  Grains are rich in (10) _____, _____ and _____.

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**2. Classify each food by writing the number of the food group they belong.**





lettuce ___


potatoes ___


strawberries ___


cheese ___


fish ___


chocolate ___


chicken ___


olive oil ___


pasta ___


bread ___


broccoli ___


water ___


pasta ___


legumes ___


pineapple ___

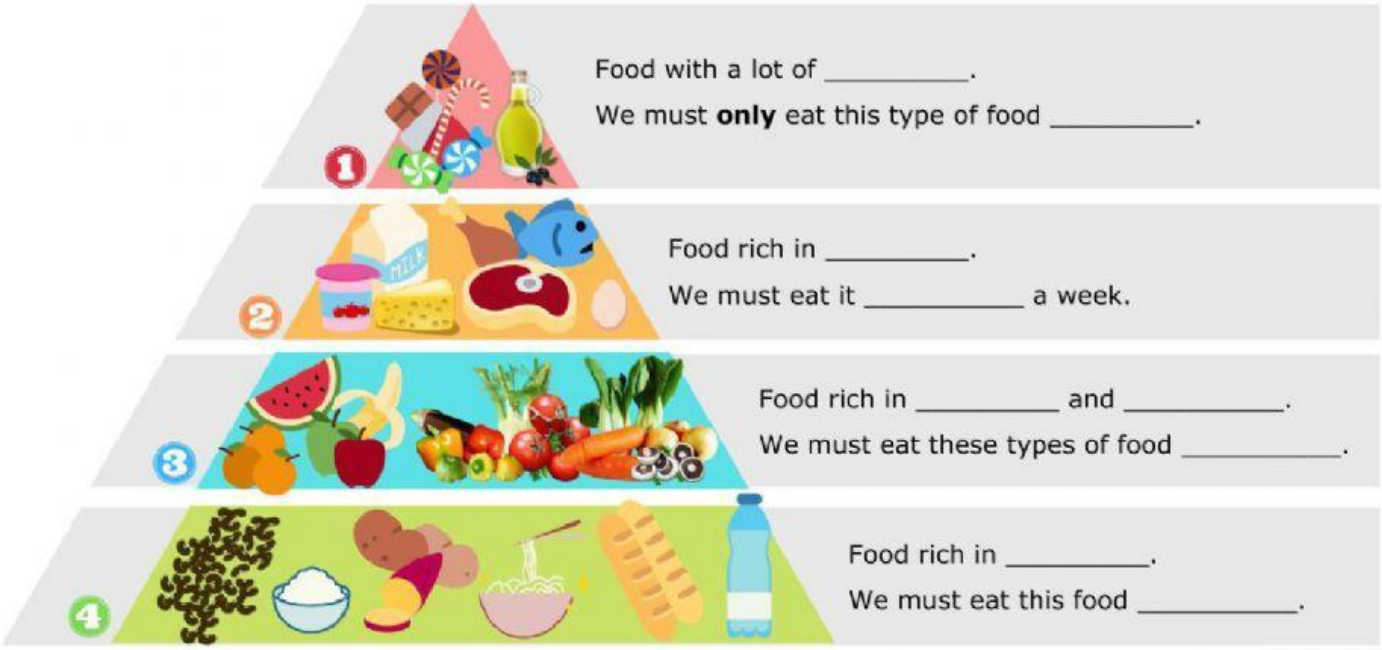

meat ___


onion ___


egg ___

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**3. Complete the sentences about the food pyramid.**




**CLICK HERE** to enjoy the video "Healthy or unhealthy Food Quiz" by Armagan Citak

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